



Living the Active Life



Inactivity Crisis

- 50% of American adults do not get enough physical activity to provide health benefits
- 25% of adults are not active AT ALL in their leisure time
- Activity decreases with age
- Women are less active than men



Benefits of Physical Activity

Feel Better

Look Better

Have More
Energy!



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Feel Better

Physical Activity

- Gives you more energy
- Helps cope with stress
- Improves self-image
- Increases resistance to fatigue
- Helps you relax and feel less tense
- Improves your ability to fall asleep



Look Better

Physical Activity

- Tones muscles
- Burns calories
- Helps with weight loss or weight maintenance
- Helps control your appetite



Live Better

Physical Activity

- Increases your productivity
- Increases your capacity for physical work
- Builds stamina for other activities
- Helps your heart and lungs work more efficiently



Energize Your Life!

There are 1440 minutes in every day.....

*Schedule 30 of them for
physical activity.*



Just Get Started

- Worn-out excuses
- How much is enough
- Set goals
- Reward yourself



Worn-Out Excuses

- No time
- Inconvenient
- No motivation
- Lack of skill
- Family obligations
- No energy!



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How Much Is Enough

- How long do I need to be active?
 - 10 minutes, 30 minutes, an hour
- How hard do I need to work?
 - Moderate vs. vigorous intensity
- How do I know what is best for me?
 - Based on your goals



Disease Prevention

- 30-minutes of physical activity, most days of the week
- Segments of at least 10 minutes
- Moderate intensity



Weight Loss

- 30-minutes to 1-hour of physical activity, most days
- Moderate to vigorous intensity



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Boosting Cardiovascular Fitness

- 20-30 minutes of exercise, 3 days a week
- Vigorous intensity
- In addition to moderate activity on other days



Cardiovascular Fitness Activities

- Brisk Walking
- Jogging
- Bicycling
- Swimming
- Roller or in-line skating
- Jumping rope
- Active sports
- Aerobic group exercise classes
- Cardiovascular gym equipment



Building Strength

- An increase in lean muscle will result in an increased basal metabolic rate - your body's requirement for fuel.
- Work muscles in the body with a challenging level of resistance so your muscles will adapt and grow stronger.



How to Work Your Muscles

- Resistance train on non-consecutive days 2 – 3 times per week using:
 - Machines
 - Free weights
 - Body weight
 - Exercise bands
 - Balls – resist-a-balls, medicine balls, etc.
 - Pilates
 - Yoga



Flexibility Training

- Stretching the body has many benefits.
 - Lessens pain due to inflexibility
 - Improves physical performance
 - Improves balance, speed, and motion
- Most individuals get the best results from daily stretching. Hold each stretch for 30 seconds up to three sets to the point of a stretching sensation but no pain.



Injury Free Activity

- Listen to your body
- Use/wear appropriate equipment/clothing
- Warm up and cool down
- Drink plenty of fluids



**“Success doesn’t come to
you...You go to it.”**

Marva Collins



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References

**National Center for Chronic Disease Prevention and
Health Promotion**

www.cdc.gov/nccdphp/dnpa

National Institutes of Health

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President Council on Physical Fitness and Sports

www.fitness.gov

The President's Challenge

www.presidentschallenge.org

